

WARREN SENTINEL



"Jolly Rogers"

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Volume 64, Issue 29

F. E. Warren Air Force Base, Wyoming

July 22, 2005

Operation Air Force *AFA cadets get hands-on training* **5**

Conservation across borders *Antelope relocated to Mexico* **5**

Keeping Balad safe *Missile maintainer performs escort duties* **15**



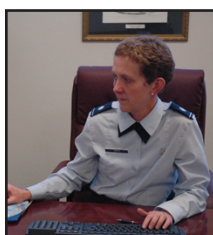
CHUTES AND LADDERS ...

Peyton Parker, 1, tests out the new playground equipment Monday that was recently installed at the child development center.

Photo by Airman 1st Class Tessa Cubbon

**Warren
IMA named
best in
Air Force**

6



**Kickin'
it with
Warren
soccer**

17



**What's
up
around
Warren?**

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Commentary

Ripping tape still echoes

Lt. Col. Michael Crocker
90th Communications Squadron commander

Whenever the subject of a PCS comes up in our family, my wife Robin usually claims the sound of the packer's tape gun still echoes in her ears from the last move. After eight moves in 19 years, who can blame her? We've been assigned to five different major commands and one tour in NATO, but one thing always remains the same: we make the best of every assignment.

Is it easy? Not always. We were young - I was 22, she was 18 - when we arrived at Grand Forks AFB, N.D., in September 1986. Like most people on their first assignment, we had no idea what we were getting ourselves into. Robin was an Air Force brat so she had some idea of what the military was all about. Me? Four years of Reserve Officer Training Corps at Colorado State University plus four weeks of field training at Vandenberg AFB, Calif., was all I knew. We had to get settled in and had two choices to make that happen: flounder on our own, or seek out assistance.

We started to explore the base to find out what we had at our disposal: base exchange, commissary, library, clinic, everything you'd expect to find in a community. Grand Forks was a small town. Robin was from Denver and I grew up in

Colorado Springs. We drove the 13 miles to town and almost drove right through without seeing the city!

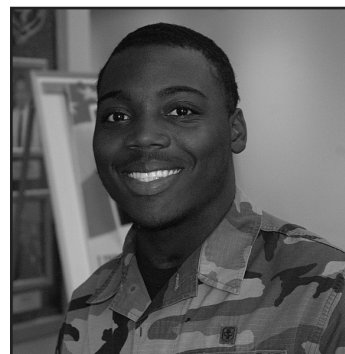
Where were the things we were used to having at our fingertips? The mall was small and closed on Sunday, there was one hardware store, and we couldn't even find the Taco Bell. What had we gotten ourselves into?

We went back to the base, feeling a little depressed. Four years in this place? How were we ever going to make it? We made a pact that night: we would always make the most of wherever the Air Force sent us. Otherwise we would be miserable for the duration of the assignment. We've kept that pact all these years and still can say every assignment has been our best. How do we do it?

PCS, Page 3

Man on the street

The Warren Sentinel asked Warren members, "Why did you join the Air Force?"



"To be on my own and to take care of myself."

-Airman 1st Class Adrian Lester, 90th Medical Operations Squadron



"I always wanted to be in the Air Force, ever since I was a kid."

- Tech. Sgt. David Goldbach, 90th Services Squadron



"A lot of different reasons: education, job security, travel and pride."

- Staff Sgt. Rhonda Terry, 90th Medical Operations Squadron



"It's most definitely because I'm very proud of serving my country."

- Senior Airman Natasha Walker, 790th Missile Security Forces Squadron

Warren SENTINEL

Editorial Staff

Col. Michael Carey
90th Space Wing Commander

Capt. Warren Neary
Chief, public affairs

Tech. Sgt. Steven Goetsch
Chief of internal, public affairs
Airman 1st Class Connor Elayan
Editor

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Commentary

PCS, from Page 3

First, we make sure we're involved.

We've been active in everything from horse ownership to house building. We've assisted at our kids' schools, taken classes at the local university, and joined the club. We seek out things to do at all times of the year. We never use the weather as an excuse to stay inside. We used to take care of our horses in the sub-zero blizzards of North Dakota. The blazing heat of Texas didn't deter us either. We just slathered on the sunscreen and drank plenty of water.

Second, we take on new hobbies. The hobby shops offered by services are great for this. I've learned how to frame my own pictures and also became certified as a softball umpire while in Omaha, Neb. Robin

took up scrapbooking and stamping in Colorado and continues to invite others to join her at group crop-nights.

Third, we explore the local and surrounding areas. Why sit at home when the Air Force sends us to places we've never been? Even a 75-mile drive for Mexican food can be an adventure. While in Germany, we traveled to Paris, London, Rome, Prague, Berlin; just to name a few of the places we had the opportunity to visit. In Cheyenne, we visit Yellowstone National Park, Mount Rushmore and Crazy Horse, and take in the wonderful skiing in the Colorado Rockies. We view every assignment as another opportunity to learn more about the history of the United States and the world.

Fourth, we get our kids involved. Nothing can be worse than having a child, or four children in our case, complaining that they're bored and have nothing to do. Our girls have played soccer, basketball, ran track, danced, been on a swim team, and learned how to bowl. The boys are now getting to the "age of involvement" so I'm sure T-ball and other sports are just over the horizon for them. Not only are the kids involved, we are too. From coaching sports to helping out with costumes for dance recitals, we're into the activities as much as the kids are. All activities can be done either on-base or in the local community. The family support and youth centers are great places to find out information about activities for the kids.

Last, but certainly not least, we

find a good church to attend. Spiritual well-being is as important as our mental and physical states of mind. Once again, we have choices both on and off-base. In Germany, we went to the on-base chapel. It was that or going to the local German church and not understanding what was going on! At other bases, we've joined the off-base church. There are many options out there. You just have to find the one that fits you.

Well, that's our recipe for a successful assignment, and it's worked through 19 years and four children. So the next time you feel that your assignment is boring just remember: the packers will be here soon with their tape guns. Get out there now and make this your best assignment ever!

6 by 7.5

Antelope relocated to Mexico

Courtesy of Wyoming Game and Fish

In an effort to save the endangered peninsular pronghorn, a team of biologists from the Wyoming Game and Fish Department, Warren and Mexico captured 47 American pronghorn fawns during the first two weeks of June and flew them to their new home in the Mexican state of Coahuila.

Pronghorn, commonly referred to as antelope, are unique to North America. Some scientists recognize five subspecies. Two of them are teetering on the brink of extinction: the peninsular pronghorn, found only in Baja California, Mexico, and the Sonoran pronghorn, which is found in southwestern Arizona and northwestern Mexico.

Dr. Jorge Cancino, a doctor of science and Mexican biologist, has been working to save the Sonoran and peninsular pronghorns from extinction for many years. He is heading up the American pronghorn translocation and the peninsular pronghorn efforts for Mexico.

Dr. Cancino said he hopes the American fawns will provide stability for the struggling peninsular pronghorn, the only pronghorns that live within sight of the ocean.

Biologists plan to check the DNA of the American fawns to see how closely it resembles the DNA of the Mexican pronghorn. If they are the same, the Wyoming fawns can be raised, and their offspring released to provide a reservoir of additional pronghorns in the area. If not, they could be released



Forty-seven Warren antelope were captured and relocated to Coahuila, Mexico, recently.

in a location where they would not cross breed with the local pronghorns. They say this will keep the sub-species genetics intact. The fawns will also be part of a surrogate mother study.

Dr. Cancino said that pronghorn typically have six embryos, with the potential for up to three to develop into fawns. They hope to take the other three embryos from the peninsular pronghorns and implant them in the American pronghorns. This way they can have twice as many fawns each year. This will be a great benefit to the pronghorn populations in Mexico.

Some people may wonder why Warren and Wyoming should help Mexico with this translocation effort. Rich Guenzel, a Wyoming Game and Fish Department biologist, who helped with the effort, said, "In Wyoming, prong-

horns outnumber people, but in Mexico populations are in real trouble. We can, and should, help them with this effort. In the past, we have needed turkeys, big horn sheep and fish eggs. Other states have contributed to our efforts, and in turn we contribute to the efforts of others. Wildlife conservation does not know geographic boundaries."

Warren Natural Resource assistant, Shawna Berry was also on hand to help with the effort. She said the base has an abundant pronghorn population, and they are somewhat habituated to humans. This makes them ideal for a project of this type, and they will be a little easier to handle.

"We are glad that we can help with this effort to prevent the extinction of the peninsular pronghorn," she said.

In 1915, the American pronghorn

was in trouble. Market hunting and lax wildlife conservation laws lead to the near extinction of this unique wildlife species, but now Wyoming has a population of almost 500,000.

"Many other countries have an entirely different system of wildlife management. The wildlife is owned by the landowner, and this has lead to a different attitude about how wildlife should be managed," said Mr. Guenzel. "We are fortunate that the United States recognized the need for wildlife conservation in the early 1900s and created a system that would conserve these species for future generations."

Mr. Guenzel also says that Wyoming was fortunate that the American pronghorn population rebounded faster than the ones in Mexico. He cited the reproduction capabilities, weather and habitat as some of the key reasons American pronghorn populations are not in the same condition as the Mexican ones.

"It's neat that we have a hunted population that affords us the opportunity to help an endangered species," said Mr. Guenzel.

Dr. Cancino said he hopes to obtain an agreement that would allow Wyoming and Mexico to continue to work together on the effort. Scientists around the world are looking at Mexico to see how successful this effort will be, and maybe some day the peninsular pronghorn will run along the coast, so that tourists can watch the fastest North American mammal as well as whales flying along the coast of Baja California, Mexico.

Cadets get hands-on experience during OAF

2nd Lt. Matthew Lord
319th Missile Squadron

Numerous base units are hosting Air Force Academy and Air Force Reserve Officer Training Corps cadets in support of Operation Air Force.

Academy cadets are working alongside enlisted troops and officers during three, three-week periods intended for officer candidates to gain realistic experiences, training and leadership opportunities.

Starting this year, the academy and AFROTC increased the time cadets spend in the operational Air Force. The increase significantly raises cadets' familiarity with and understanding of real-world Air Force operations and

more closely aligns Air Force cadets' operational experiences gained through these internship programs with similar programs of the Navy and Army.

"This is a great opportunity for members of this base to educate our future leaders and improve our Air Force," said Capt. Adam Curtis, 90th Space Wing Commander's Action Group chief and OAF director.

"By base members taking the time out of their busy schedules today to train these future officers, we will all benefit by creating better leaders for tomorrow."

In the past, OAF motivated rising second class academy cadets (juniors) and

rising senior AFROTC cadets toward careers in the Air Force through base orientations, briefings and incentive flights. This year's program has changed significantly, making it a work program that also includes rising third class (sophomore) and first class (senior) cadets.

The objectives of the improved program are twofold: focus and orient cadets on Air Force missions and culture through direct exposure to and experience with operational units; and use gained skill sets to contribute to host-unit mission accomplishment. This internship program gives cadets the opportunity to see firsthand how the 90th Space Wing contributes to air and

"This is a great opportunity for members of this base to educate our future leaders and improve our Air Force."

- Capt. Adam Curtis,
90th Space Wing Commander's Action Group chief and OAF director

space force by establishing and maintaining strategic dominance.

At Warren, cadets work alongside active personnel in the operations, security forces, maintenance and mission support groups. Seniors spend the full three weeks in their future specialty areas to get an idea of what their jobs will be like once they start active duty. Sophomores work in two Air Force Specialty Code areas to get a more general idea of

what the working Air Force is like. Sophomores work at the three-level job expertise level.

The OAF tour was created to give future academy and AFROTC trained officers a more well-rounded understanding of what each specialty area on base brings to the fight. The idea is these future officers will have a more global perspective and therefore lead in a more intelligent and efficient manner by understanding how all the pieces fit together.

Briefs

Notice for base housing residents

If you live in base housing and your contact information, rank or dependent status has changed, contact the housing office at 773-1840.

Base residents urged to complete housing survey

An Air Force-wide base resident survey has been launched to determine the level of satisfaction of family housing residents at installations worldwide.

The survey provides base-housing residents and housing managers an opportunity to respond to survey questions regarding housing facilities and services delivered.

The survey is customized for Air Force residents and will take about five minutes to complete.

Each resident will be provided a pre-addressed, postage-paid envelope to return the survey.

An executive summary of the survey results will be provided to senior leaders at the wing, major command and Air Staff levels and used as a basis for decisions regarding the Air Force's Military Housing Privatization Initiative, military construction needs and the future of family housing.

Building 232 off limits

Building 232 is off limits and under construction. For safety, read and obey all posted signs. The project poses potential harm to those who enter without an escort and without making arrangements. Former occupants are now located in the following buildings: Pass and registration is located in Building 290. The legal office is located in Building 242. The 90th Mission Support Group and 90th Mission Support Squadron are in Building 1284. Mission support squadron testing is in Building 841.

For more information, contact Clark Varnum at 773-3271.

Excellence: Warren IMA nurse named best in AF

Senior Airman Tonnette Boyd
Public affairs

Lt. Col. Sherrill Smith, 90th Medical Group, has won the award for Best IMA Nurse in the Air Force. She currently works as a chief interim nurse.

The Tomah, Wisc., native has been an Air Force reservist for 20 years.

"My sister is a nurse, and she was recruited by the Army – and then the recruiter came after me," said Colonel Smith. "At the same time my brother enlisted in the Air Force, and his recruiter came after me. I just happened to choose the Air Force."

Colonel Smith was previously named the Air Force Space Command Nurse of the Year, and also works at United Medical Center as a staff educator. She spends most of her time with her two children, and whatever free time she may have left studying for her PhD in nursing education at the University of Northern Colorado, where she maintains a 4.0 grade point average.

Though she enjoys her station at Warren, specifically because of the flexible hours, she truly appreciates her status as a reservist because it means she can follow her husband, an Air Force active-duty member, to any station and make

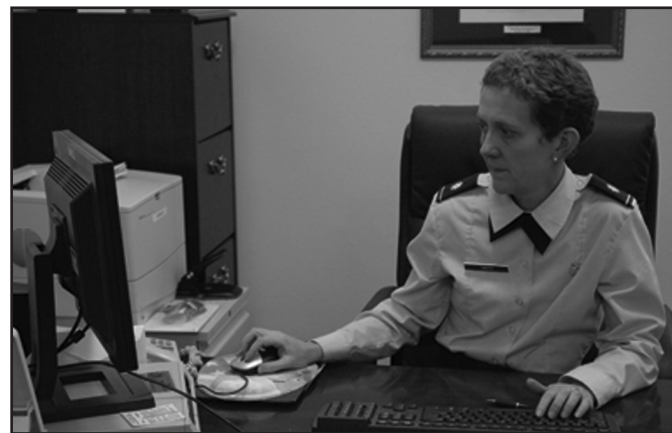


Photo by Senior Airman Tonnette Boyd

herself useful.

"I'm just grateful for the opportunities the med group has given me. An IMA is a type of reserve position that I like because it gives me flexibility. I can be stationed anywhere, so since

my husband is active duty, wherever he goes I can just go with him and find a position. The family can stay together, and that's what's important," said Colonel Smith.

DDRP keeps Warren Airmen sharp

Tech. Sgt. Steve Goetsch
Public affairs

When you are in the missile business, you need every member of the team to be alert, responsive and at the top of their game.

One way the Air Force ensures this level of readiness, is with the intervention of the Drug Demand Reduction Program, which supports the DoD objective to provide a drug-free, mission-ready force and workplace at all times.

Though drug testing is still done randomly, the Air Force went to smart testing in October 2004. Prior to October, the Air Force tested 65 percent of the base population with no regard to rank. Now, with smart testing, the program focuses its resources on the grades already demonstrating the highest potential for abuse. Currently, there is a 100 percent testing ratio for members in the grades of E-1 through E-4 and O-1 and O-2.

The new program software is more effective in monitoring and

testing the base population.

"I think the Air Force is managing its resources efficiently by focusing on the selected ranks that are four times more likely to test positive for illicit drugs," said Al Dyke, DDRP manager.

Warren Airmen can be assured that the drug testing process is fair and impartial. "We have strict guidelines laid out in Air Force Instruction 44-120 for collecting, packaging and shipping specimens," said Mr. Dyke. "If an error occurs, the benefit of the doubt goes to the individual providing the specimen," he added. The Air Force requires a less-than-one-percent error rate from all DDRPs.

The office recently won an award for sustaining less than a one percent error rate from 1998 to 2004.

"The drug testing program at Warren has not been faulted for an untestable specimen in approximately three years," said Rex Metcalf, Drug Testing Program administrative manager.

If you, or someone you know thinks you can circumvent the system, you

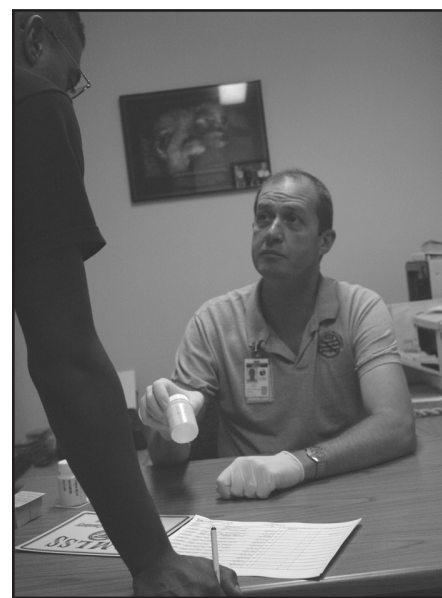


Photo by Tech. Sgt. Steve Goetsch

Rex Metcalf, Drug Testing Program administrative manager, explains the testing process to a Warren servicemember.

can't. Warren needs all of its Airmen, all the time, to get the mission done.

If that doesn't convince you, just read the DDRP office's slogan, "Drugs Offer No Tomorrow."



Construction Corner

All project sites are off limits to the general base population.

If you have not coordinated a site visit with the project supervisor, you should not be on a site. This includes off-base spouses and residents. Read and obey all construction signs and warnings.

The wind farm construction project site is off limits to visitors. Refrain from going to the site unescorted and without making prior arrangements. The project is into a critical work element. There are two very large open excavations and uncured slurry that can be very dangerous. Over the next several weeks, there will also be a lot of heavy equipment moving around the two tower locations and materials will be moved around overhead with a crane.

If you wish to visit the site, contact Master Sgt. Carter Zimmerman at 773-2269, Kevin Zimmerman at 773-4090, Charlie Howell at 773-2269 or Ken Davis at 773-5091.

FRONTIERCADE '05

F. E. Warren's Annual Field Day & Family BBQ
Friday, August 26, Argonne Parade Field

An alternative duty location! Ya'll come now, Ya' hear!

F.E. Warren AFB
SERVICES
 Combat Support & Community Service

Opening Ceremony 10 a.m.

National Anthem • Invocation
 Opening remarks by Wing Commander
 Tossing of the Golden Buffalo Chip

Events for the Kids!

10 a.m. - 2 p.m. No advance sign up necessary
 Jump House • Sack Races • Egg Relays
 Tug-O-War • Face Painting

Field Day Events

8 a.m. - 1 p.m. Squadron Competition

Sign up for events at Freedom Hall or by e-mailing
Jacob.Trujillo@warren.af.mil

Commander's Buffalo Chip Toss • 5K Run
 Volleyball • Soccer • Horseshoes
 Tug-O-War • 1.5 Mile Walk • 3-Legged Race
 Human Wheelbarrow Race • Joust
 Dizzy Bat Relay • Canyon Death Walk
 100 Yard Dash • Human Specimen Contest
 (Categories - String bean, big belly, worst tan and best physique)
 Chili Cook-Off • Apple Pie Baking Contest

Free Barbecue Lunch - 11 a.m. - 1:30 p.m.

Prepared by the 90th Services Squadron & served by volunteers from the Military Affairs Committee

Hamburgers • Hot Dogs • Baked Beans
 Cole Slaw • Chips • Coca-Cola



**kickback
SUMMER
GRAND PRIZE DRAWING**

**Trip for two to Cancun,
Mexico or Las Vegas, NV.**

Completed entry cards must be turned to a participating Services activity by Aug. 24 or at the parade field by noon, Aug. 26.

**Live Entertainment by
Seven Sundays!**

Closing Ceremony - 2 p.m.

Presentation of Awards by Wing Commander
kickback SUMMER prize drawings

Frontiercade is sponsored in part by the following businesses:



No federal endorsement of sponsors intended.

Base theater supervisor lives life in the fast lane

THE CIVILIAN PAVILION

Matt Cox
Visual information

Considering the way she talks about her car – a new Celica GT-S – you might think her favorite movie would be *The Fast and the Furious*. It might be, but she's seen so many movies it's probably hard for her to choose just one.

Sierra Givhan, supervisor of the base theater, must find fast cars appealing because she's going places in a hurry.

The 19-year-old recently finished her sophomore year at Laramie County Community College and is preparing to load the back seat of her car and peel out for the University of Nebraska – Omaha in August.

Once there, she'll major in public relations and marketing; an interest triggered when she was trying to boost the theater's business.

With her natural creativity, she and the theater staff created promotional activities such as the *Kill Bill* giveaway and a Halloween costume contest to attract more customers – and it worked.

"Our attendance has increased substantially," she said. "But, of course, it depends on the movies we're showing, too."

She credits the increase to a combination of improved advertising and promotional activities.

A packed theater is little more than a giant family room full of strangers without tasty snacks and refreshing beverages. It's

the popcorn, sodas and candy that make going to a movie "the movies."

Miss Givhan knows that from her days behind the snack bar.

She started working at the base theater in 2001 selling Junior Mints and Dr. Peppers, but after a few short months she moved upstairs to run the projector. Then she shared projectionist duties with managerial responsibilities when she became assistant supervisor. She has been in charge for the past eight months.

"Being in charge is awesome," she said. "Overseeing something not real huge is a good way for me to gain experience in management for my career after school."

That career could very well include designing movie posters or promoting future blockbusters as a

graphic artist or publicist.

"I want to work at an ad agency. I'm really into print media, like ads in magazines," she said.

Prior to her decision to head east to finish her college coursework, Miss Givhan was accepted to the United States Coast Guard Academy in Connecticut. However, while at summer training last year she broke her ankle and was sent home with the option to start over this year. She opted otherwise.

The setback let her spend one last summer at home with her parents and sisters before heading to Nebraska in the fall.

That was good for Miss Givhan, getting the chance to hang out with Juliette, 9, and Maddie, 10, before adulthood comes calling. Her dad, Master Sgt.

Johnny Givhan, 90th Missile Security Forces Squadron, and her mom, Linda, a substitute teacher and aspiring stage actress, are her role models. She said her dad's patient demeanor has rubbed off on her and helps her stay calm during turbulent times at the theater.

She chose Omaha, besides being where she grew up, so she could continue working in the movie business at the theater at Offutt AFB, Neb.

"I'm going to miss everyone I work with and the people who come to the theater a lot," she said. "With only five people working there we have all become very close."

It seems Miss Givhan is definitely on the road to success, she just happens to be driving a very fast car.

6 by 6.5

Play-offs kick off for Warren intramural soccer



Airman 1st Class Jeffery Peppard, 90th Missile Security Forces Squadron, throws in to his teammates as 90 MSFS took on the 90th Missile Maintenance Squadron Monday.

Airman 1st Class Fredy Tapia, 90th Missile Security Forces Squadron, feeds a ball forward to one of his strikers during the first round intramural play-off Monday.

Warfit warriors for the month of June

97-98

Airman 1st Class
Robin Campos,
90th Security Forces Squadron

99-100

2nd Lt. Sean Ianacone
319th Missile Squadron

Staff Sgt. Monique Hinline,
90th Security Forces Squadron

95-96

1st Lt. Joseph Reveteriano
319th Missile Squadron
Senior Airman Justin Coburn,
90th Security Forces Squadron

WARFIT

GOLD

SILVER

BRONZE

Data provided by unit fitness program managers. This is an unofficial program run by 90th Space Wing Public Affairs to recognize servicemembers for their exemplary fitness test scores. To participate in this program, contact your UFPIM.

Softball standings

National

Team	W	L
CES A	17	1
MDG	8	3
LRS	10	4
MSFS 6	8	5
MMXS	7	5
MSFS 2	9	8
790 B	4	5
COMM	6	8
153 CACS	6	9
321 / 400	4	11
MSFS 4	1	11
CES B	2	19

American

Team	W	L
SSPTS	11	3
790 A	11	3
90 SFS	10	3
20 AF	10	4
90 OG	9	5
319/320	4	6
MSFS 1	3	5
90 SFG	5	10
MSFS 3	2	10
MSFS 5	1	10

(Intramural softball standings as of Tuesday.)

Cowboy medic ready for CFD 2005

Airman looks forward to CFD's volunteer opportunities

Airman 1st Class Rachelle Jimmerson, 90th Medical Operations Squadron, began volunteering as a Cheyenne Frontier Days cowboy medic in 2003. She is looking forward to providing medical assistance to cowboys in need during this year's CFD. The dental assistant took time to sit down with Airman 1st Class Lauren Sixbey to talk about CFD, her job and her aspirations for the future.

How long have you been a cowboy medic?

I did it first in 2003 and this CFD (Cheyenne Frontier Days) will be my second time.

What does a cowboy medic do?

We provide medical assistance for cowboys voluntarily.

How did you get in to it?

They were asking for volunteers. I thought it sounded awesome. So I went to the meeting and signed up. I was pretty scared though; I'd never been to a rodeo before.

What sort of injuries do you see?

[In 2003] during the last event, someone was trampled. He had sprained or broken his arm. The majority of injuries involve trampling.

What are you doing for CFD this year?

This year I'm really busy. On Saturday, I'll work as a parade official. On Sunday, I'll help with Fort D. A. Russell Days. On the 27th, I'll do the Challenge Rodeo and on the 29th, I'll be a cowboy medic.

It's the best time of year to do volunteering.



Photo by Senior Airman Tonnelle Boyd

Airman 1st Class Rachelle Jimmerson, 90th Medical Operations Squadron, cleans a servicemember's teeth at the dental clinic Wednesday. Besides her work as a dental assistant, Airman Jimmerson volunteers as a cowboy medic during Cheyenne Frontier Days.

What do you do in the dental clinic?

I clean teeth and assist the doctors in all dental procedures.

What is your favorite part?

Interacting with people. I get to meet everyone from airman basic to colonel. I learn more talking to people

than in a classroom. I also like helping them.

Why did you join the Air Force?

I didn't want to live at home. I was not happy there. I wanted to be independent and to get as far from Elko, Nev., as possible. I wanted to learn something that not everyone could say they did.

I wanted a unique life experience.

What are your career goals?

I'd like to become an officer. I'm working on that. I'm going to school right now.

What are your life aspirations?

To not be idle. I don't want to be one of those people content at doing the same thing everyday. Change is good. I never want to stop my education.

Who is your hero?

My mom. She's never once told me, 'I told you so.' She's backed me up 100 percent in every choice I have ever made. She's an example of a woman I'd want to be.

What do you do in your free time?

I love taking pictures, especially of my husband. I scrapbook and travel. I like doing athletic things like bike riding and hiking.

What's the last movie you saw in the theater?

"Mr. and Mrs. Smith"

What would you do if you were president for a day?

I wouldn't down size the military. I wouldn't make it 100 percent deployable and I'd stop contracting out work.

What would you do if you were wing commander for a day?

I'd dress incognito as an Airman and go into different offices and see the difference.

What's your life's motto?

Don't bite the hand that feeds you.

Buffalo Roast

The Trail's End Club is hosting a buffalo roast 10:30 a.m. to 1:30 p.m., Monday.

The roast includes a western buffet with buffalo roast, steamship round, potato salad, baked beans, corn on the cob, corn dogs, regular and jalapeno corn bread and a variety of desserts. The cost for the buffet is \$15 for members and \$17 for nonmembers. Children ages 5 to 10 cost \$7.50. Children ages 4 and younger are free.

The cost for a buffalo burger and chips is \$6.95.

Tickets are on sale at the Trail's End Club.

For more information, call 773-3048.

Trail's End Barber Shop now open

Zee's Barber Shop in the Trail's End Club is now open for business.

Barber shop hours are 8 a.m. to 2 p.m., Tuesdays through Fridays.

For appointments, call 635-5378.

Walk-ins are also welcome.

Five-person paintball tournaments

Get a team together and enter the five-person paintball tournaments hosted by outdoor recreation. Prize packages are sponsored by Jax Outdoor Gear and On-Site Automotive (no federal endorsement of sponsors intended).

Tournaments are scheduled for Aug. 6 and Sept. 3.

Enter at outdoor recreation, from 11 a.m. to 5 p.m., Mondays, Tuesdays, Thursdays and Fridays. Entry fee is \$15 per person.

This includes unlimited Co2, 200 paintballs, safety equipment and marker if needed.

Official tournament rules apply.

No outside paint; paint is available for sale on site.

Prizes and awards for the Saturday tournament are:

First place: trophies, PMI paintball pants, jerseys, glove sets and coupons for 20-ounce Co2 fills.

Second place: trophies, six-plus-one packs with tubes and coupons for 20-ounce Co2 fills.

Third place: trophies, \$15 Jax gift certificates and coupons for 20-ounce Co2 fills.

For more information call 773-2988.

Family Day at Chadwell Dining Facility

Every Sunday is Family Day at Chadwell Dining Facility.

All active duty members may bring their family members with military ID cards to dine at Chadwell, noon to 1 p.m. Family members of the deployed are also welcome.

Family members of E-1 to E-4 active duty are welcome to accompany their sponsor during all Chadwell Dining Facility meal times.

Car wash special

Tired of messing around with quarters when that car of yours needs to be washed?

Call or stop by the auto skills center and purchase a pre-programmed wash card.

For more information, call the auto skills center at 773-3869.

Xtreme Bowling

Come to Warren Lanes on Friday and Saturday nights and participate in Xtreme Bowling.

Xtreme Bowling includes music, laser lights, smoke machines, glow-in-the-dark shoes, pins and balls.

The cost is \$7.50 per lane/per hour.

Bowl 9:30 to 11 p.m. Fridays, and 7 to 11 p.m. Saturdays.

Give Parents a Break program

Give Parents a Break is a free childcare program for active-duty members with children ages 6 weeks

to 11 years who are under unique stress.

The program is available monthly on the first Saturday, 8 a.m. to noon and third Friday, 5:30 to 9:30 p.m.

For more information or to request a referral for the Give Parents a Break program, contact your squadron commanders, first sergeants, chaplains, medical professionals, family advocacy, family support center or the child development center.

Auto skills stalls

The auto skills center now offers reservations for a patron-use stall.

Stalls are reserved one business day prior to use for \$3 per hour.

One stall is available for reservations, and doesn't include a lift.

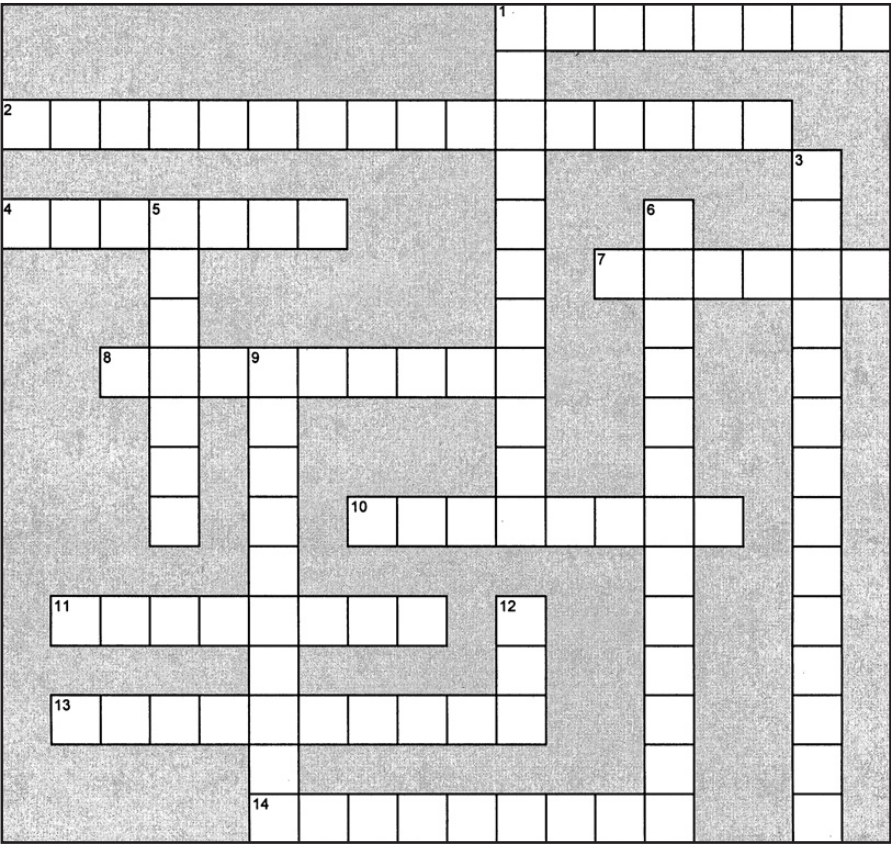
Reserved stalls are held until five minutes after the reserved time then released to waiting patrons.

For more information, contact 773-3869.

6 by 6

101 Critical Days of Summer - Puzzle 2

Complete this puzzle by today at 4:30 p.m. and hand carry it to the safety office, located in Building 250, to win five points for your squadron. A new puzzle will be published in the Sentinel every three weeks.



- Across**

 - 1. Used for getting out (two words)
 - 2. Done on the road
 - 4. Protection from falling objects (two words)
 - 7. Comes in steps or sections
 - 8. Every pool needs one
 - 10. Shows a way out
 - 11. Scaffold device to protect those below from falling objects (two words)
 - 13. Contaminated air filter
 - 14. A click away
- Down**

 - 1. Quick fix for cuts and scrapes (three words)
 - 3. Used to load and unload weapons (two words)
 - 5. Noise measurement
 - 6. Eye protection (two words)
 - 9. Program to prevent CTS
 - 12. Heart starter (abbreviation)

Personnel Reliability Program is everyone's responsibility

Question: What is a suspension used for, and how long can an individual remain suspended?

Answer: Suspension is a tool used by the certifying official to remove an individual from PRP duties for less than 30 days. It is used for temporary problems where reliability is not in question. Suspension is also used to gather facts about an incident to evaluate an individual's reliability.

Look for general knowledge questions and answers every week in the Sentinel, courtesy of the base PRP office.

CONGRATULATIONS TO ALS CLASS 05F GRADUATES

The goal of the Airman Leadership School is to prepare senior airmen to become effective Air Force supervisors and foster a commitment to the profession of arms. The course consists of three curriculum areas: profession of arms, leadership, and communication skills.

90th Missile Maintenance Squadron Kyle Anderson Waco Cooper (Academic Award winner) Allen Siapno Carlos Torres Willie Ware	90th Security Forces Squadron Brian Peterson	90th Comptroller Squadron William Gonzalez
90th Maintenance Operations Squadron Robert Brown Daniel Dinardis Eric Edwards Jeffrey Fowler (Kisling Seminar class leader) Nathan Summerlin Roderick Mance (distinguished graduate)	90th Missile Security Forces Squadron John Cisneros Taurus Cooper Charles Gagnon (distinguished graduate) Nakoma Pratt	90th Medical Operations Squadron Amanda Prado
90th Communications Squadron Taylor Britten (Academic Award winner)	790th Missile Security Forces Squadron Adam Self	90th Logistics Readiness Squadron Eric Walosin
	90th Civil Engineer Squadron Juan Diaz Joshua Hastings Eric McBride (Andrews Seminar class leader) Destrey Robbins MonReko Walton	90th Mission Support Squadron Daniel Zeiner
		153rd Command and Control Squadron William Long
		187th Airlift Squadron Allen Miller (Levitow Award / Leadership Award winner)